THE RECOVERY COLLEGE GAZETTE

August 2024

Connectedness Hope and Optimism Identity Meaning and Purpose Empowerment

Deputy Principal's Message

What a wonderful term this has been! We've journeyed through a change in the seasons moving into longer days filled with light (and sometimes rain) seeing an abundance in growth and nature around us. We've explored our connections to nature in our nature taster which will hopefully be developed into a course to be run in future terms

Liane

Nature's growth has been reflected in all of your student journey's this term, whether making goals in the moving forwards and goal setting courses or getting to know our emotions helping us interact with others or make helpful decisions, or noticing the green shoots of change beginning.

I'd like to take the opportunity to thank all of our students in your commitment to learning and reaching your goals and to our staff and volunteers who continually put their all into delivering a curriculum to help build your recovery and use their own lived experience to inspire the journey of others in recovery. Take a moment, wherever you are in your journey to appreciate everything you've given to it so far. Your journey will inspire others to keep going, so please get in touch if you'd like to share your story.

I look forward to meeting new and returning students at our bases and online next term and as we move into the shortening days of Autumn I'd like to extend an invitation to you all to embrace the opportunities that each season brings us. Each season offers us something different with Autumn and Winter offering opportunities for reflection and rest, where possible and a chance to slow down. Days like today can be enjoyed, in the moment, whilst they are here and we can appreciate them as a reminder that lighter days will return.



Where can you find us?

Quayside House Rounds Green Road Oldbury B69 2DG





The Good Shepherd 63 Waterloo Road Wolverhampton WV1 4QU

DY1 Community Building
Stafford Street
Dudley
DY1 1RT





YMCA
1A Small
Street,
Walsall
WS1 3PR



HELP for HEROES

Help for Heroes: Veterans Moving Forwards

The Help for Heroes, Veterans Moving Forwards course has been designed by Veterans for Veterans. This course is suitable for all military Veterans, regardless of when or where they served. By the end of the course, students should understand the true impact of their military experience and be equipped with the right skills to move forward in their recovery journey. Focus will be placed on both psychological and physical wellbeing tools to ensure students can navigate life's challenges and build a brighter future.

Our Recovery College staff and our veteran peers have been trained by Help for Heroes to deliver this course.

Each 3-3.5 hour session will run on consecutive weeks starting from the 26th September.

If you live or have a GP registered in the Black Country, please send expressions of interest in attending to: info@therecoverycollege.co.uk or call: 0121 543 4061

If you would like to know more about Help for Heroes you can find them here: www.helpforheroes.org.uk



Volunteering at the Recovery College



- We have more Recovery College volunteer co-facilitators joining us for the September term
- Recruitment of Volunteer co-facilitators through our professional pathway
- We are looking to recruit for Meet and Greet Roles in Walsall and Wolverhampton soon
- Launch of a volunteering hub which explores volunteering opportunities in the community
- Introduction of Volunteering Information Section on Recovery College website
- Introduction of Volunteering self-help resources on Moodle

The focus this year has been on putting in place a clear structure and framework to our volunteering pathway. We thank all staff, students and volunteers whom have contributed to reviewing materials, resources and training materials. We thank everyone that has remained patient in enquiring about volunteer opportunities. We look forward in guiding you through your volunteering journey either within the Recovery College or in a community setting.

We have recently advertised volunteer co-facilitator (professional pathway, not for current students. These opportunities will be advertised later on this year) if you know anyone outside the recovery college that may be interested contact the Lead Volunteer Co-ordinator Usha here: ushaben.patel@nhs.net



Our Autumn timetable

Our new Autumn timetable is out! See our courses at a glance, separated into our four areas of delivery: Sandwell, Dudley, Walsall and Wolverhampton. We have also included our online only courses

Our courses are delivered:

- Face to Face
- Online via Zoom
- Blended with the option to join face to face or online

In addition check out Our Course Calendar on our website. Here you can view courses

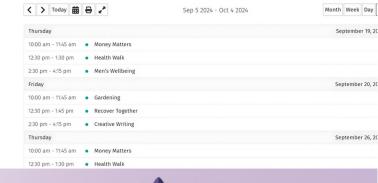
- List
- Day
- Week
- Month

Head to www.therecoverycollege.co.uk to see more.



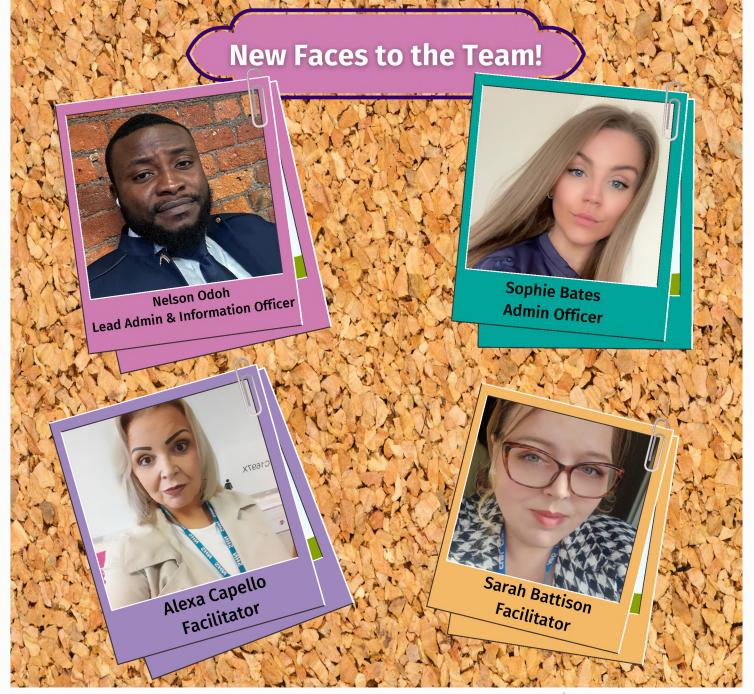
VOLVERHAMPTON COURSES		Black Country Healthcan NHS Foundation Tru	
Course Name	Day & Start Date	Time & Sessions	Where?
Creative Writing	Monday 20th May - 24th June	10:00am - 11:45am 5 Sessions	Face to face with online option
Health Walk	Monday 20th May - 22nd July	1:30pm - 2:30pm 9 Sessions	Face to Face
Basic I.T Skills	Monday 20th May - 17th June	3:00pm - 4:30pm 4 Sessions	Face to face with online option
Food and Mood	Monday 24th June - 22nd July	3:00pm - 4:30pm 5 Sessions	Face to face with online option
Coping With	Monday 1st July - 22nd July	10:00am - 11:45am 4 Sessions	Face to face with online option
Planning Our Wellbeing (POW)	Wednesday 22nd May - 12th June	10:00am - 11:45am 4 Sessions	Face to face with online option
Recover Together	Wednesday 22nd May - 24th July	12:15pm - 1:45pm	Face to face with

VALSALL COURSES	Black Country Healthc		
Course Name	Day & Start Date	Time & Sessions	Where?
Gratitude	Monday 20th May - 1st July	10:00am - 11:45am 6 Sessions	Face to face wi
Recover Together	Monday 20th May - 22nd July	12:15pm - 1:45pm 9 Sessions	Face to face wi
Gardening	Monday 20th May - 22nd July	2:15pm - 4:00pm 9 Sessions	Face to face
Women's Wellbeing	Monday 8th July - 22nd July	10:00am - 11:45am 3 Sessions	Face to face wit
Planning Our Wellbeing (POW Cohort 1)	Wednesday 22nd May - 12th June	10:00am - 11:45am 4 Sessions	Face to face wit online option
Planning Our Wellbeing (POW Cohort 2)	Wednesday 19th June - 10th July	10:00am - 11:45am 4 Sessions	Face to face wit online option
Getting to Know Your Emotions	Wednesday 22nd May - 12th June	2:15pm - 4:00pm 4 Sessions	Face to face wi
Food and Mood	Wednesday 19th June - 17th July	2:15pm - 4:00pm 5 Sessions	Face to face wi
	Thursday	10:00am - 11:45am	Face to face



via:





We want to hear from you

To make either an informal or formal complaint, please contact the Recovery College using the contact methods as detailed below:

C 0121 543 4061 or 07979 199 991

□ The Recovery College Quayside House Rounds Green Road Oldbury B69 2DG

nfo@therecoverycollege.co.uk.

If after following the above process, you are not happy with how your complaint has been actioned or dealt with, please contact the Black Country Healthcare NHS Foundation Trust, Service Experience Desk (SED) which is the central point of contact for all complaints, compliments and feedback.

The Service Experience Desk Monday to Friday, from 9am to 5pm.

Freephone: 0800 587 7720

Dudley DY2 8PS

E-mail: sed.bchft@nhs.net
Post: Freepost RRRG-BBTC-UKSE
Black Country Healthcare NHS Foundation Trust
Service Experience Desk
Trafalgar House
47-49 King Street

Your feedback matters!

You can feedback to us through a telephone conversation, by sending a text, a pre-planned Zoom meeting or by sending an email.



Recovery College Hall of Fame





We have a fantastic YouTube channel where you will find student testimonials, Recovery College activities and so much more. Please subscribe below to keep up to date with everything we're doing.











Join our Facebook page for updates, opportunities, community news and national awareness days.

facebook.com/therecoverycollegeBCHFT

Stay up to date with College events and wider NHS news on our X page



@RecoveryColleg3